

CROWD
COACHING

EVENT

CROWD COACHING™

MINDFUL WORKING:
HOW TO FEEL BETTER AT WORK



September 13, 2025
Saturday



Amathus Beach Hotel 5*
Limassol, Cyprus

Institutional Supporter



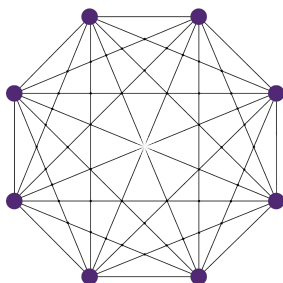
European Mentoring
and Coaching Council
(Cyprus)

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CROWD
COACHING

1. Crowd Coaching Concept

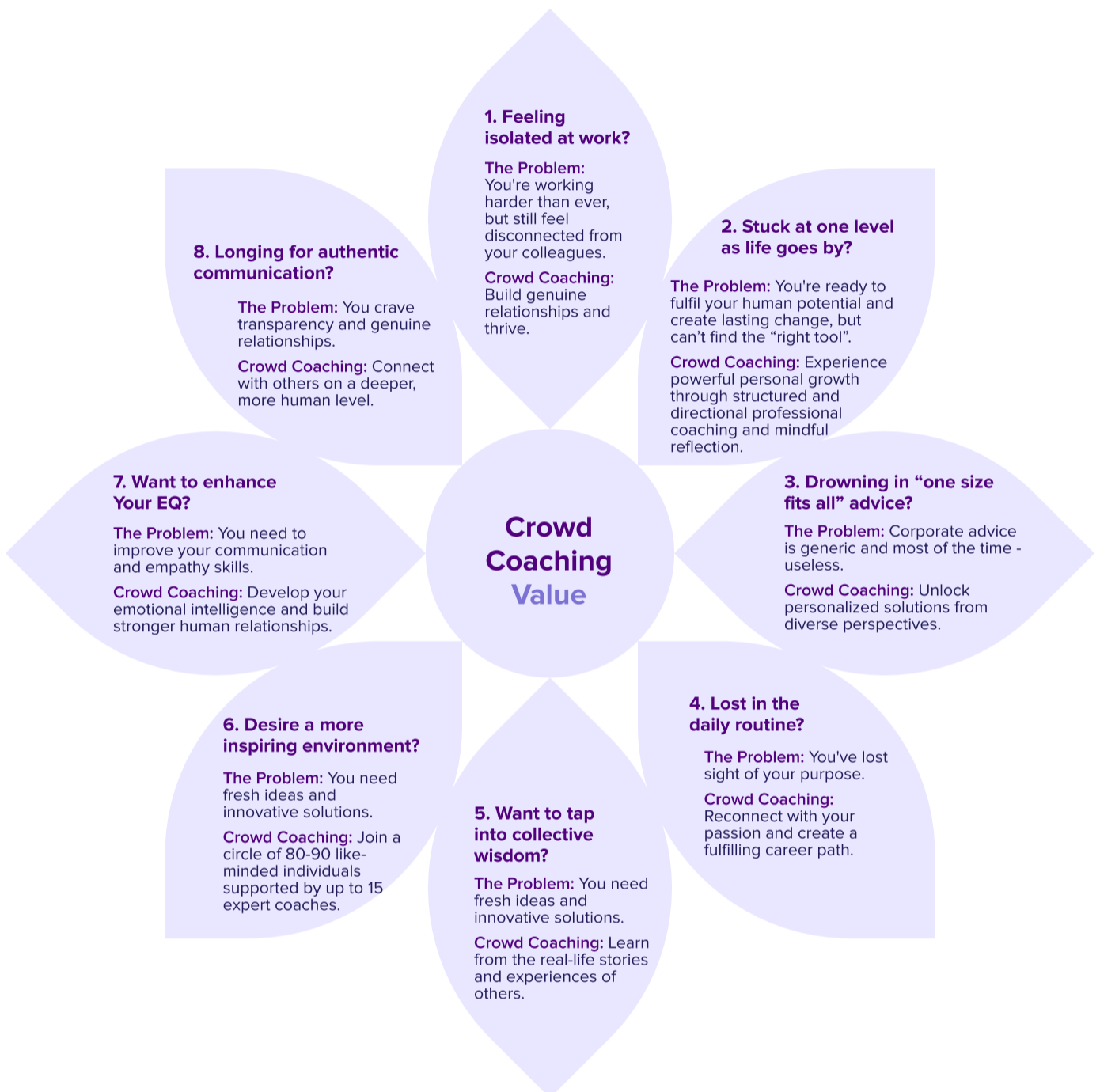
THE POWER OF THE CROWD. THE DEPTH OF PERSONAL INSIGHT

Are you ready to transform your work life?

Crowd Coaching offers a unique and powerful approach to personal and professional growth.



Discover Crowd Coaching as 1 value solution to 8 problems



What is Crowd Coaching?

It is a revolutionary coaching framework established in Cyprus by the You Inspire project. It offers a powerful large-group format — up to 100 people — where transformation unfolds through the collective intelligence of all the participants.

The advantage of this format lies in the real-time exchange of valuable insights from participants' work lives, allowing everyone to enrich each other with reflection and feedback based on diverse professional experiences and positions.



Why Crowd Coaching Works?

Because the answers are already inside us. When we take the time to focus, reflect, and truly listen—both to ourselves and others — real insights unfold.

Crowd Coaching isn't about having "the smartest teachers".

It's about creating a shared space where everyone is a resource, and together, we go deeper than we ever could alone.



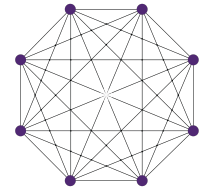
You Inspire: Pioneers in large group transformation

Traditional coaching focuses on individuals and small teams. By creating an innovative coaching format, we source the power of the crowd and highlight collective wisdom.



Our mission - to create a thriving work culture in Cyprus and across Europe

Crowd Coaching is directly aligned with this goal, ensuring that your personal and professional growth is an essential part of a more positive and productive working environment.



2. About the event

TOPIC MINDFUL WORKING: HOW TO FEEL BETTER AT WORK



Amathus Beach Hotel 5*
Limassol, Cyprus



September 13, 2025
Saturday



Duration
6.5 hours



EVENT TYPE	Crowd Coaching, Public	PARTICIPANTS	80 - 90
COACHING TYPE	Directional (related to a specific topic)	COUNTRIES REPRESENTED*	10+
INDUSTRY SECTORS*	15+	COST	Standard €250 Executive €390 (incl. VAT & Lunch)
LANGUAGE	English		

Crowd Coaching by You Inspire is a **one-of-a-kind** experience where 90 professionals come together to unlock collective wisdom and transform their work lives, supported by up to 15 expert coaches. It's a space where everyone becomes a mirror, a supporter, and a catalyst for growth.

Instead of passive listening, you'll actively participate in meaningful dialogue, gaining real insights.

And because 70% of the event focuses on your personal reflection, it's designed to inspire deep self-awareness and authentic connections.

Our purpose is to encourage you to explore your work path, discover your truth, and share your wisdom within a circle of like-minded professionals.

70%

Engaging with others to deepen emotional intelligence, self-awareness, and personal growth.

30%

Inspiration, motivation, mindfulness, and nourishing activities to support reflection and well-being.

* Estimated based on previous events organized by You Inspire or in collaboration with You Inspire.

3. Is this event right for you?

This immersive experience is designed for forward-thinking professionals ready to grow and evolve.

You might find it especially valuable if:

- ✔ You are seeking meaningful connections, personal insights, and inner integration - beyond general tips and techniques
- ✔ You are an established leader eager to explore a more authentic and sustainable path to personal and professional development
- ✔ You are a business owner or HR professional wanting to understand the “real picture” of how people feel at work
- ✔ Your business teams are tired of superficial motivational training that fails to foster real change

4. What you will gain

KEY BENEFITS OF ATTENDING

- ✔ Clear, actionable insights to help you feel better at work, including personal steps to boost your wellbeing
- ✔ A richer understanding of work culture and environment in Cyprus and beyond, built through genuine empathetic connection with fellow professionals
- ✔ Greater self-awareness, meaning, and clarity about your personal work journey
- ✔ Improved self-reflection and an expanded perspective on life, informed by a sensitive awareness of different “pictures” and experiences
- ✔ Enhanced emotional intelligence and empathetic communication — **skills that AI simply can't replace.**



5. Event agenda 8.30 - 15.30

Morning: Arriving & Setting the Stage for Transformation

8:30 - 9:00

Welcome Coffee & Registration. Sitting lottery & Ice breaker to connect.

Start the day by settling in, grabbing a coffee, and connecting with fellow professionals through a quick and fun ice breaking game to bring your energy level high in the sky.

Opening

Ms Georgia Stylianidou, the President of EMCC Cyprus will kindly share why EMCC Cyprus decided to support this Event.

9:00 - 9:20

Defining Your "Why"

You will be officially welcomed by You Inspire Founder, Victoria Esaulova, who will set the stage for what to expect during this transformative day.

Take a moment to get clear on what you'd like to gain from the event. What's your intention for today? What's calling you here? Let's set the tone for a day of purpose.

9:20 - 10:25

Session 1: "How I See My Work" with Catherine Galea

Dive into an inspiring session, sharing your perspective on work and exploring others' experiences. Participate in round-table discussions with table coaches —let's share our stories and learn from each other.

10:25 - 10:30

Morning Mindful Break

Take a pause for a quick meditation to refresh your mind and realign your focus.

Mid-day: Diving Deeper & Sharing Struggles

10:30 - 10:50

Coffee Refuel & Table Hop

Time for a quick refill and a chance to mix and mingle with new faces.

10:50 - 13:10

Session 2: "Overcoming biggest struggle at work" with Victoria Esaulova

Let's get real! We'll explore challenges we face at work and discover insights through collaborative discussions facilitated by table coaches. It's time to explore your obstacles to overcome them!

Afternoon: Uncovering Meaning & Closing Reflections

13:10 - 13:55

Lunch & Meaningful Mingling

Enjoy a delicious lunch while re-connecting with yourself with "mindful eating" in a quiet zone or connecting with others in a "network eating" zone.

13:55 - 14:00

Afternoon Mindful Break

Take a pause for a quick meditation to refresh your mind and realign your focus.

14:00 - 15:10

Session 3: "Discovering the meaning of work" with Nina Plavnik

Explore the deeper significance of our work—what makes it meaningful for ourselves and others? Participate in round-table discussions guided by table coaches — to share our wisdom and proving valuable insights.

15:10 - 15:30

Event Summary & Closing reflections

Wrapping up, we'll share key learnings, finalise personal conclusions and express gratitude.

*Please note that this outline is subject to minor adjustments. We recommend checking www.youinspire108.com regularly for updates.

6. Meet the team

Keynote Coaches



CATHERINE GALEA

Catherine, an internationally recognised, awarded Mindfulness teacher and Coach, is a guide to reclaiming sanity in the modern workplace. Drawing on a decade of professional experience, diplomas and certifications from University of Leicester and EFT & Mindfulness Centre (UK) in NLP, Emotional Freedom, and Mindfulness Based Cognitive Therapy, Catherine translates mindfulness into actionable techniques for stress reduction, enhanced focus, and improved well-being.

Having also had a successful 20-years career in insurance in Malta, Catherine inspires audiences with her real-life reflections and wisdom, guiding individuals toward self-acceptance, compassion, and a life filled with balance and joy.



VICTORIA ESAULOVA

Victoria is an internationally certified Human Potential Coach, a philanthropist and the visionary leader of You Inspire Project, as well as the author of the Crowd Coaching format. With over 10 years of experience working in Russia, China and Cyprus, MA with honours in International Relations, BA with honours in Journalism, Victoria brings a wealth of knowledge, academic research and real-life stories to the table. Her expertise lies in crafting transformative experiences, including bespoke training sessions, retreats, and spiritual practices tailored specifically for high-net-worth individuals and corporate teams.

Victoria inspires individuals to reclaim their lives, find professional fulfilment, and achieve personal happiness through innovative philanthropy and coaching programs.



NINA PLAVNIK

Nina, a seasoned Emotional Intelligence and team dynamics coach with a background that spans over 10 years of FinTech professional experience and spiritual intuitive practices. Born in Germany, raised in France, and living in Cyprus for over 11 years, Nina leverages her rich international background, fluency in multiple languages and holistic coaching approach to help executives to manage tough conversations and lead with clarity and confidence.

Drawing from her own journey of healing and transformation, Nina ignites reflection and inspires profound insights within her audience, empowering them to unlock their fullest human potential. With Nina, one will learn how to cultivate empathy, navigate conflicts, and open one's heart to the magnificence of life.



Please check other 12 professional coaches assisting in facilitation of round table discussions — on our website

7. Ticket information

SECURE YOUR SPOT

STANDARD TICKET



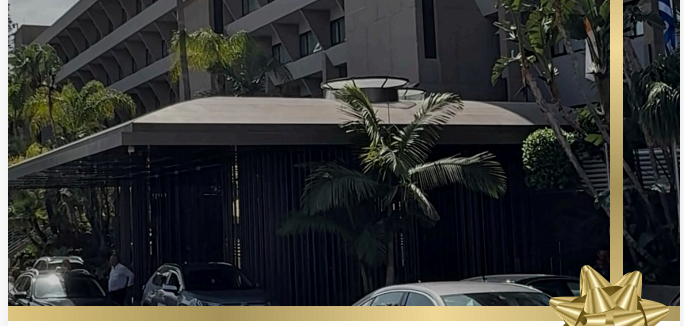
- Full access to the event
- Lunch included
- You Inspire branded merchandise
- Certificate of attendance
- Networking opportunities with like-minded professionals
- Access to the post-event photo gallery

€250
(incl. VAT & Lunch)

Don't miss this opportunity to gain new insights, reconnect with your purpose, and create a more mindful, fulfilling work experience. Reserve your spot today!

 [Visit youinspire108.com](https://youinspire108.com)
to register online

EXECUTIVE TICKET



- **All Standard Ticket benefits plus:**
- Personalized Guided meditation to feel focused and energised at work (soundtracks on a hard drive)
- Access to the Executive Lounge for rest and reflection
- Post-Event Reflection Session: Join Victoria Esaulova for an exclusive 30-minute post-event reflection session in the Executive Lounge
- Professional event photoshoot (5 images)
- Personalized Consultation (any time after the event): on how to implement Crowd Coaching strategies into your business for maximum results.
- Access to the You Inspire Alumni Library (link will be provided after the event)

€390
(limited to 8 seats)

8. Contact Information & Additional Opportunities

GET IN TOUCH

[Click here ↓](#)

[SPONSORSHIP OPPORTUNITIES](#)

[Click here ↓](#)

[TERMS AND CONDITIONS](#)

Questions?

For any inquiries or special requests, please contact us directly at info@youinspire108.com or by telephone at **+357 96782063**.

We are always happy to discuss how we can make your experience exceptional.

Interested in Coaching with Us?

We always welcome certified and passionate coaches to join our network. If you share our vision and are interested in becoming a partner or an integral part of the You Inspire team, please reach out to us. We'd love to explore how we can collaborate!

9. About You Inspire

You Inspire is a world of inspirational coaching and philanthropic initiatives committed to creating a thriving work culture in Cyprus and across Europe.

Founded in 2021, You Inspire proudly stands as the first and only philanthropic project to seamlessly integrate corporate mindset training, coaching, CSR, charity, and spirituality into comprehensive human development programs.

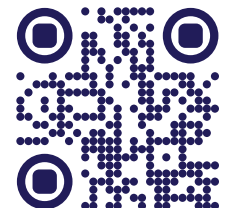


Professionalism is our mindset

In offering our services, we aim to deliver all ideas, strategies, and their implementation within the agreed-upon timeframe, without overlaps, executed by top experts, and resulting in the desired outcomes.

Therefore, the number of available spots for cooperation per year is limited.

Contact us to express your interest!



10. Intellectual Property



The "Crowd Coaching™" methodology is an intellectual property of the Author - Viktoriia Esaulova, Founder of You Inspire, and is trademarked by You Inspire.

Interested in utilizing Crowd Coaching?

You Inspire is happy to explore licensing opportunities for our proprietary Crowd Coaching methodology. Whether you're interested in commercial use, systematic implementation within your business we have different categories of usage available. We're open to discussing how Crowd Coaching can benefit your organization.

Contact us to discuss licensing options and receive our detailed Crowd Coaching Intellectual Property Usage Guidelines.

11. Copyright standards

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